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## Vegetarian Haggis

In memory of Harriett McFarland (adapted by Marianne Elliott)

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Makes about 4 servings in a medium loaf pan.

If doubling the recipe, use a 9x13 pan.

Bake at 350 F.

- Chop finely and sauté in the oil in a large pot/pan and set aside to combine later:

1 large onion

1 large stalk celery

1 large carrot (grated)

2 tbsp. oil

Garlic (optional)

Chopped mushrooms (optional)

- Simmer below for 20 minutes in medium saucepan until most of liquid is absorbed (~20 minutes):

1 cup red lentils (brown lentils work too)

2 cups vegetable stock

- Combine everything into the large pot/pan all and cook over low heat for ~ 10 minutes. Adding water (stock) as needed.

1 can red kidney beans, drained and roughly mashed.

*(Note: Substitute 2 packages of Quorn Meatless and Soy-free grounds in place of the beans)*

pinch dried thyme

2 tsp. vegemite, marmite, or soy sauce

1 tbsp. lemon juice

1/4 tsp. ground mace (feel free to adjust seasoning – rosemary is nice too)

1/2 tsp. ground white pepper

1/2 tsp. ground black pepper

1/2 tsp. salt

1 1/3 cups oatmeal (steel cut)

3 tbsp. butter or margarine or olive oil

1 cup cashews (any nuts you like), finely chopped in a food processor  
(optional)

- Spoon mixture into a medium loaf pan and press down. Cover with foil and bake for 40 minutes, uncover for the last 10 minutes.
- Allow to rest about 5 minutes before cutting, or just scoop out with a spoon (my preference)

Notes: Keep moist as it can dry out, sprinkling with scotch helps as does a lovely black current-mustard-whisky sauce.



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